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Optimize Your Environment

“Your environment can either make you or break you...
If you are not having success in reaching your dreams
check your environment”. –
Lorna Blake

“You are a product of your environment. So choose
the environment that will best develop you toward
your objective. Analyze your life in terms of its
environment. Are the things around you helping you
toward success – or are they holding you back?” –
W. Clement Stone, American businessman, 1902-
2002

“Your outlook upon life, your estimate of yourself,
your estimate of your value are largely colored by your
environment. Your whole career will be modified,
shaped, molded by your surroundings, by the character
of the people with whom you come in contact every
day.”-Orison Swett Marden, American writer, 1850-
1924

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When you make the decision to go after your goals and dreams it is very critical for you to have a supportive environment. Ask yourself: “Who do I have myself surrounded by? What kinds of books and literature do I read?”

What kind of news do I tune in to? What are the things that I tell myself, about myself, my life and my goals daily?”

I like to say, turn off the negatives and tune in the positives... How do you do that? You begin to develop your awareness of people, things and events that you have in your environment.

Once you’ve done the assessment, you can start to add the people, things and events that support you in reaching your goals and remove the ones that don’t.

“Success is a state of mind. If you want success, start thinking of yourself as a success.” – Dr. Joyce Brothers

Exercise for Optimizing Your Environment

- I. Every morning when you wake up, before your mind gets busy and begins to tell you otherwise, tell yourself: "I am special. I believe in my goals and dreams. I can do whatever it takes to reach my goals!"

- II. When the frightened part of yourself begins to replay negative programming like: "You're crazy, you're bad, you're stupid or you'll never do it." Immediately tune it out by saying: "Cancel, cut, delete, clear, reject". Whatever term works best for you.

- III. Avoid the daily news which tends to be filled with negativity and little positive. Whether it's newspapers, TV or internet news make a conscious effort to block it. When friends, family or colleagues begin to talk about the latest bad news, respond by saying something like: "That's interesting, isn't it?" Avoid engaging in the details.

- IV. Minimize contact or completely avoid where possible 'negative people' who have made you feel like a loser. If they are family members with whom you have to engage and they bring up negative stuff about you, internally cancel, cut, delete, clear or reject their ideas.
- V. Find people who are supportive and positive. Hire a coach, enroll a friend or join a class/group that motivates or inspires you.
- VI. Interact with positive people regularly and tell yourself some of the positives they tell you about yourself.
- VII. Read and listen to books and CDs that help you 'see' possibility!

Practice all the above for 90 days and watch your transformation!

